



*“Living well involves doing what you love, keeping active and establishing caring connections with others. It presumes taking responsibility for one's own health, utilizing self-care when appropriate and obtaining health services as needed. Key strategies for successful health promotion and disease prevention are to enhance awareness, change behavior, and create environments that support good health practices.”*



Pamela M. Krawczyk  
Commissioner

Erie County Department of  
Senior Services

Contact Dorothy Levitt 858-8081

## Wise & Well Program Presentation Topics



May 2004



## Presentation Topics 2004

### **Energize Your Life With Three Keys to Living Long and Well**

Find and Do What You Love; Energize with Exercise; and Find the Missing Hug

### **Take a Stress Rest**

Discover resources & strategies to enable you to cope with stress as you age. Receive 120 Stress Breakers, a gift from the "Wise and Well Program".

### **Therapeutic Touch**

Explore a health-promoting modality used in hospitals and the community

### **Share Your Wisdom**

Learn to appreciate your accomplishments and life experiences and explore ways to share this valuable knowledge with others

### **Sweet Dreams**

Learn about the relationship between sleep, dreams and your health and well-being; sleeping concerns will be addressed

### **Fresh Start Smoking Cessation**

A program for groups of seniors who want to end their smoking habits

### **Sexual Well-being for Seniors**

An opportunity to learn about things your parents may have forgotten to mention or you have wondered about since then, including managing the effects of aging and chronic illness

### **Breast Health**

For groups of women who are hesitant to get mammograms and who are unsure about the breast exam they can do monthly

### **When does it become "too much" stuff? Hoarding & Quality of Life**

Saving things can mean problems if they interfere with living space and safety; in full houses can cause falls and injury; can lead to the loss of friends/entertainment opportunities, loneliness, unhappiness and feeling overwhelmed and ashamed.



### **The Successful Health Advocate**

Obtain the health services and health status that you want; make sure that your elected representatives know what is important to you; know what influences your health the most.

### **"Your Medicine, Play it Safe"**

Discuss key strategies for managing your medications safely, suggested by the U.S. Department of Health and Human Services, the Agency for Healthcare Research and Quality, and the National Council on Patient Information and Education.



### **Good News on the Aging Brain! (compiled by the American Society on Aging's MindAlert Program)**

Review strategies you can use with your senior group to keep "minds alert" based on mental fitness research.

**Call 858-8081 to schedule a program  
or to discuss your group's health interests.**

**Contact: Dorothy Levitt, R.N., M.S., Program Coordinator**



### **Enhance group activities with health benefits**

Discuss strategies to maximize health benefits for your group.

### **Caring People Do Address Driving Concerns (Erie County's Older Driver Family Assistance Help Network)**

A presentation and discussion for families, friends, & caregivers concerned about an aging loved one who is driving "at-risk". You want to protect the driver, but often don't know what to do or where to turn for help. Learn how to identify driving safety problems and assist drivers to drive safely or explore alternative transportation options if they need to retire from driving.

### **Reducing Risk and Enjoying Life More**

Has The Media got you down? Studies have found that people who are exposed to numerous and repeated images in the media often have an unrealistic impression of violence and danger. However there are real steps you can easily take to improve your outlook and bring light to the drama of life.

### **Urine Trouble? ("I laughed so hard, I had tears running down my legs.")**

Incontinence is the medical term for urine control problems. Feeling embarrassed and helpless? Learn about keeping a normal life; when and how to talk with your doctor; what you can do...

### **Safe Mobility (Get where you want, when you want, safely!)**

A new PowerPoint presentation is available! Learn about Erie County's Older Driver Family Assistance Help Network.

**Healthy Pleasures** - Enjoy a healthy lifestyle that is full of pleasure

### **"May I Tempt You With An Apple?"**

What would it take to entice you with good health? Find out what attracts you to other people, wonderful sounds, beautiful views, and good food

**A Health Promotion Walk** for your group with Dorothy Levitt; distance and route of your choice at a mutually convenient time

### **Early Recognition of Heart Attack**

Learn about warning signs and symptoms of heart attack and take the *Early Heart Attack Care Giver's Oath*

### **Stroke Awareness**

An opportunity to have your blood pressure screened and learn ways to reduce the risk of "Brain Attack"

### **Health Awareness**

Getting acquainted with your present health behaviors by completing a personal health inventory

### **A Healthy Environment**

Did you know that many products used in your home cannot be put in the garbage? Learn what you can do about household hazardous waste

### **Keeping Your Cool in the Heat**

Learn how to prevent "heat stress"

### **Finding the Health Information You Need**

Explore sources of health information

### **Creating a Caring Community**

Connecting with others, using your gifts and talents





### **All Alone By the Telephone**

Jump start your social skills, polish your attitude, and perk up your appearance

### **Keeping Track of Your Health and Other Important Matters**

Personal Health Records

### **Embracing Life and Kindling Creativity!**

Bringing a new perspectives to life's journeys

### **Learning Blood Pressure Management**

To prevent congestive heart failure, stroke (brain attack) and heart attack. Finding out you have high blood pressure is only the beginning! Did you know that less than 20% of the women with diagnosed hypertension have it under control?

### **Seniors for Healthy Kids Kits I**

Offered in collaboration with the Erie-Niagara Tobacco-Free Coalition, the New York State Smokers Quitline, and Roswell Park Cancer Institute. Receive kits for those members of your senior group who are concerned about a small, medium, or adult size child in their life who is using tobacco

### **Seniors for Healthy Kids Kits II**

Immunizations for you and the children in your life, offered in collaboration with the Erie County Department of Health

### **A Dose of the Right Medicine**

It's not as simple as, "Take this pill and call me in a week". Learning about your medicine and talking with your health care providers

### **Making Healthy Changes, One or Five at a Time**

Gentle reminders that really work

### **Getting Out of the Pressure Cooker**

The transition to "retirement"; it's more than financial planning

### **Relieving Pain**

Why so many seniors have not yet resolved their pain problems

### **Keeping Your Bones Strong So You Can Use Them**

Learn about osteoporosis prevention, diagnosis and treatment

### **A Few of My Favorite Things**

What would you like others to know about you so they can surprise you with pleasing moments?

### **Preventing Falls**

In the United States, one of every three people age 65 and older falls each year

### **Making New Friends and Keeping the Ones You Have**

Social connections are essential for your health; visiting skills you can use

### **Health Empowerment Skills**

Getting the health care that you need and want

### **Advance Directives**

Making decisions about a Health Care Proxy and Living Will

### **Preventing and Detecting Colon Cancer**

Getting over reservations about colon cancer screening

### **The Power of Appreciation**

What thanking folks can really do

### **Preventing Medical Errors, What You Can Do**

Learn how errors happen, and discuss strategies to minimize your risk.

